



## MONDAY



**Chicken Quesadillas**  
\$12.92

## TUESDAY



**Yum Yum Bowl**  
\$26.53

## WEDNESDAY



**Pepperoni Pizza**  
\$7.86

## THURSDAY



**Veggie Wrap**  
\$9.79

## FRIDAY



**Korean Ground Beef Bowl**  
\$11.71

Estimated Total: \$68.81

### Produce:

Avocado (2)  
Baby Spinach Leaves (2 cups)  
Bell Pepper (2)  
Carrot (1 large)  
Edamame (1 cup)  
English Cucumber (1 + extra for serving)  
Basil Leaves (1/2 cup)  
Broccoli (1)  
Cilantro (1/2 cup)  
Ginger, minced (1 tsp)  
Ginger, grated (1 Tbsp)  
Garlic (9 cloves)  
Green Onion (1 bunch)  
Red Onion (1)  
Optional Toppings: Alfalfa Sprouts, Chopped Tomato, Radish, Corn, Lettuce, Cabbage, Beets, Bell Peppers, Guacamole

### Refrigerated:

Cheddar Cheese (3 cups, shredded)  
Parmesan Cheese (1/2 cup, shredded)  
Mozzarella Cheese (4 cups, shredded)  
Sour Cream (for serving)

### Canned Goods:

Chicken Stock (3/4 cup)  
Pizza Sauce (1 cup)

### Pantry:

Active Dry Yeast (2 1/4 tsp)  
All-Purpose Flour (1 1/2 Tbsp)  
Sugar (2 tsp)  
Hot Sauce (1 Tbsp)  
Hummus (2/3 cup)  
Ketchup (1 Tbsp)  
Light Brown Sugar (2/3 cup)  
Low-Sodium Soy Sauce (1 1/2 cup)  
Mayonnaise (1 cup)  
Oil (1 1/2 Tbsp)  
Olive Oil (4 Tbsp + extra for drizzle)  
Peach Juice (1/2 cup)  
Rice Vinegar (1 Tbsp)  
Sesame Oil (3 Tbsp)  
Sriracha Hot Sauce (2 tsp)  
White Vinegar (1 tsp)  
Optional Toppings: Salsa

### Protein:

Cooked Chicken (2 cups)  
Lean Ground Beef (1 lb)  
Pepperoni (2 cups)  
Top Sirloin Steak (2 lb)

### Bread & Grains:

Bread Flour (3 3/4 cup)  
Flour Tortillas (4 - 8 inch)  
Hot Cooked Rice (6 cups + extra for serving)  
Whole Wheat Flour Tortillas (4 large)

### Seasonings:

Chili Powder  
Garlic Powder  
Ground Cumin  
Italian Seasoning  
Paprika  
Salt & Pepper

**Tastes Better  
from Scratch™**

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# Meal Plan 164

## PREP INSTRUCTIONS

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### BREAKFAST IDEAS

- Strawberry Overnight Oats
- Green Smoothie
- Huevos Rancheros

### LUNCH IDEAS

- Pizza Sliders
- Chickpea Curry
- Monte Cristo Sandwich

### SNACK IDEAS

- Applesauce Muffins
- Pitaya Bowls
- Chocolate Overnight Oats

MONDAY

#### Chicken Quesadillas



- The chicken can be cooked and shredded, and the cheese shredded prior.

TUESDAY

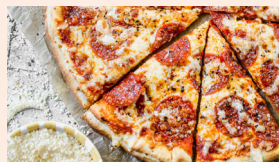
#### Yum Yum Bowl



- The sauce can be made and kept in an airtight container in the refrigerator for up to one week. The steak can be sliced and marinated for several hours in the fridge.

WEDNESDAY

#### Pepperoni Pizza



- To make the pizza dough ahead, make the dough up until the first rise, spray with oil, cover with a tight fitting lid and refrigerate overnight, or for several hours, until ready to assemble pizza. For take and bake pizza, roll out the dough and pre-bake it in the oven for 5 minutes. Top with desired pizza toppings, cover well with plastic wrap and refrigerate for several hours, until ready to finish cooking pizza in oven, pizza oven or on the grill.

THURSDAY

#### Veggie Wrap



- Chop the veggies, set aside until ready to assemble.

FRIDAY

#### Korean Ground Beef Bowl



- This is a great meal to make a few hours or day ahead of time—it reheats well on the stove!